

## Calendar

### Mon., February 26

**2:00 p.m.** Accelerator Physics and Technology Seminar - (NOTE DATE AND TIME)

Speaker: S. Sawada, KEK  
Title: J-PARC Status and Channeling Experiments in Japan for J-PARC and ILC

**2:30 p.m.** Particle

Astrophysics Seminar  
Speaker: P. McDonald, University of Toronto  
Title: Probing Inflation, Dark Matter, Dark Energy, etc. Using the Lyman-Alpha Forest

**3:30 p.m.** DIRECTOR'S COFFEE BREAK

**4:00 p.m.** All Experimenters' Meeting  
Special Topics: Streamlining CDF Shift Operations; Adaptive RF Correction in the Recycler

### Tue., February 27

**11:00 a.m.** Academic Lecture Series - 1 West

Speaker: A. Kronfeld, Fermilab  
Title: Course 5, Part 2: Lattice QCD with Applications to B Physics

**2:00 p.m.** Research Techniques Seminar - Curia II  
Speaker: H. Wieman, Lawrence Berkeley National Laboratory

Title: A High Resolution Vertex Detector for the STAR Experiment at RICH

**3:30 p.m.** Director's Coffee Break - 2nd floor crossover

**4:00 p.m.** Accelerator Physics and Technology Seminar - 1 West

Speaker: W. Scandale, CERN  
Title: Observations of Proton Reflection on Bent Crystals at the CERN-SPS

[Click here](#) for NALCAL, a weekly calendar with links to additional information.

## Feature

### Before it was Fermilab, land produced food and memories



Fermilab firefighter Rod Oxe spent a large part of his childhood as a farm kid at Fermilab.

If it's winter and you want to make refrigerator rolls from the recipe in the 2007 edition of the Fermilab Farmers Cookbook, you could just skip the refrigerator and keep the dough overnight on your summerporch. That's how Pearl Miller did it when she lived as a farmer's wife on the land that is now Fermilab. And she wrote the recipe.

"She made it once a week and we had it with breakfast instead of toast," said Miller's grandson Rod Oxe, who has been a Fermilab firefighter since 1977. As a teenager, Oxe stayed on his grandparents' farm, helping with the chickens, cows, geese, ducks, oats and corn that grew there. "My strongest memory is wearing a handkerchief around my mouth, because I had grain dust allergies," he said. "I was working the dirt with everyone else, sneezing and hacking. I loved it." He also remembers the food. "We always ate big meals when we were working. A huge breakfast and a huge lunch."

The recipes for those meals have been recorded in annual volumes of the Farmer's

## Safety Tip of the Week

### Knees



Fermilab's Site Occupational Medical Director, Dr. Brian Svazas (seen smiling at upper right), with his right index finger stuck into the top of a plastic model of a right knee joint. Note the clever use of a hanging folder to provide a neutral background.

The knee is the largest joint in the body and is often the site of pain and injury. Though it accounts for only 3.7 percent of Fermilab's recordable occupational injuries since 1984, it is responsible for a disproportionate amount of disability: 8.2 percent of lost work and 8.9 percent of restricted duty days. Half of the injuries are caused by slips, trips, or falls. Another twenty percent result from striking accidents and overexertion. In addition to work-related conditions, a significant fraction of the Lab's health insurance costs and sick leave usage are associated with knee-replacement surgery subsequent to osteoarthritis.

So what can you do to reduce the risks of knee injury and disease?

**Accident prevention:** Make sure you have adequate footing and avoid trip hazards. Avoid squatting or prolonged kneeling, as well as forceful leg straightening while twisting.

**Health maintenance:** Exercise to maintain flexibility, strength, and coordination. However, avoid activities that impose large forces or impacts to any small part of the knee at one time. Bicycling, pool exercises, and low-impact knee exercises are good. Deep knee bends, long-distance running, and vigorous competitive sports can be harmful if you are out of shape or have already experienced knee injury. Since obesity greatly increases the risk of osteoarthritis, this is another good reason to keep your weight under control.

**Weather**

**Light Snow 31°/25°**
**[Extended Forecast](#)****[Weather at Fermilab](#)****Current Security Status****[Secou Level 3](#)****Wilson Hall Cafe****Monday, February 26****[Wilson Hall Cafe Menu](#)****Chez Leon****Wednesday, February 28  
Lunch**

- Northern Italian Lasagna
- Caesar Salad
- Cassata

**Thursday, March 1****Dinner**

- Seafood Soup
- Grilled Duck Breast w/Pan Asian Flavors
- Brown Rice Medley
- Vegetable of the Season
- Ginger Shortcake w/ Strawberries

**[Chez Leon Menu](#)**

Call x4598 to make your reservation.

**Archives****[Fermilab Today](#)****[Result of the Week](#)****[Safety Tip of the Week](#)****[ILC NewsLine](#)****Info**

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[today@fnal.gov](mailto:today@fnal.gov)

Cookbook (you can find an advanced draft of the 2007 issue [here](#)). Most of the recipes use ingredients that came from lab land, before it was a lab. "Growing up, I didn't even know what a turkey was. On holidays we had fresh duck or goose, or we would exchange a fresh ham with a neighbor who raised pigs," said Oxe. Fresh goose does not appear in this year's book. But one of Oxe's favorites, Grandma Miller's rhubarb cake, does. "It was an especially big treat to skim the bulk tank off to make whipping cream to eat with her pies and cakes," he said. "But since that's the butter fat--the dollars and cents of the milk--whipped cream was only for very special occasions."

--Siri Steiner

Learn more about Fermilab farmers on the [history website](#). You can watch a 1997 video of the first Fermilab farmer's picnic [here](#).

**Readers Write****Carnival**

Tita Jensen and Kathy Lootens party at Chez Leon.

**Dear FT:**

Thursday, February 22 was "Carnival" at Chez Leon. As soon as the dishes were cleared and put away from the Wednesday lunch, the ladies who work at Chez Leon started decorating for the celebration.

Tita Jensen brought the costumes and masks

**[Safety Tip of the Week Archive](#)****Photo of the Day**

**Owl rescue:** Last Friday inventory control's Dave Seifert discovered an eastern screech owl inside the site 38 stockroom. After a call to Roads and Grounds, Jim Kalina came to the stockroom and captured the bird. "It was just a matter of going over and being really gentle with him," said Kalina. Owls fall asleep easily during the day, and this owl fell asleep in Kalina's hands. "I picked him up and covered his head to settle him down, then I took him outside and woke him up," he explained. After it was released, the owl made itself [comfortable](#) in a nearby tree.

**Accelerator Update****February 21 - 23**

- Three stores provided 34 hour and 10 minutes of luminosity
- ComEd power glitch causes quench
- Feeder 32 trip hits CHL and the Neutrino and Meson area
- LRF5 has weak Power Amplifier
- MTest (T953) begins taking beam
- MI extracts a record intensity of 4.04E13 with one pulse to NuMI

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

**Announcements**

back from her native Dominican Republic (see photo). Chivas Makaroplos made her own. The other [photos](#) are of guests working off the wonderful meal with a conga line.

The evening was amazing!

*Suzanne M. Weber*  
Particle Physics Division

#### In the News

### **Science Magazine, February 23, 2007:**

#### **NSF Enjoys a Heartfelt Ending to a Difficult Budget Year**

On Valentine's Day, the U.S. Congress sent the National Science Foundation (NSF) a long-delayed token of its warm feelings for the \$6 billion basic science agency. It came at the end of a marathon budgetmaking process that stretched 4 ½ months past its intended deadline. The card was signed by the new House Speaker, Representative Nancy Pelosi (D-CA).

[Read More \(subscription required\)](#)

#### **Submissions for URA Thesis Award due before March 1**

Fermilab and Universities Research Association invite submissions for the tenth annual URA Thesis Award Competition. The award recognizes the most outstanding thesis related to work performed at Fermilab or in collaboration with Fermilab scientists and must have been completed in the 2006 calendar year.

Nominations must be submitted to Richard Tesarek ([tesarek@fnal.gov](mailto:tesarek@fnal.gov)) by March 1, 2007 and should include a letter supporting the merits of the thesis being nominated. (Theses can be uploaded to [Tech Pubs.](#)) Selection will be made by the Thesis Awards Committee. Each thesis will be judged on clarity of presentation, originality and physics content. To qualify, the thesis must have been submitted as partial fulfillment of the Ph.D requirements and be written in English, and it must have been submitted in electronic form to the Fermilab Publications Office in accordance with Fermilab policy. The recipient of the award will receive a certificate of recognition and a check for \$3000.

#### **Upcoming brown bag seminar**

Please mark your calendars for Friday, March 2. Sheron Brown, M.D. will present a brown bag seminar titled "Eat..Sleep...Breathe... & Move" (rescheduled from an earlier date). The seminar will be held in One West from noon to 1:00 p.m.

#### **[Upcoming Activities](#)**